

Chipotle Cheddar Sweet Potato Burger

Ingredients

1 1/2 cups mashed sweet potato (about 1 large or 2 medium)
1 head garlic
1/2 cup cooked quinoa
1 large egg, lightly beaten
1 tablespoon whole wheat flour
2 chipotle chilies in adobo, minced (use 1 for less heat)
1 teaspoon adobo sauce
1 lime, juiced
2 tablespoons fresh cilantro, chopped
1 teaspoon cumin
1 teaspoon smoked paprika
pinch of salt and pepper
1/3 cup sharp white cheddar cheese, grated
Avocado Ranch
1 large avocado, peeled and pitted
1/2 cup greek yogurt
2 teaspoon fresh parsley, chopped
2 teaspoons dried dill
1/2 teaspoon smoked paprika
1/4 teaspoon onion powder
1 clove garlic, minced
1 teaspoon worcestershire sauce
1/2 teaspoon vinegar
pinch of salt and pepper
4 whole wheat buns, toasted
for topping: avocado ranch, lettuce, tomatoes, maybe more cheese or whatever you want!



Preparation:

1. Preheat oven to 375. Chop off the top portion of the garlic head to reveal cloves. Peel any excess paper/skin off from the bulb of garlic. Pour about a teaspoon of olive oil on top the garlic cloves and cover with foil and roast in a baking dish for 45 minutes, or until golden brown. Pierce potatoes (I used 2 large) all over with a fork and place in the oven with the garlic. Roast about the same amount of time as the garlic or until the sweet potatoes are soft. When garlic and potatoes are done remove from the oven and let cool 5 minutes.
2. To remove the garlic squeeze from the bottom of the garlic head to remove caramelized cloves. Mash and set aside. Peel the skin away from the sweet potatoes and mash in a medium size bowl. Add the garlic, cooked quinoa, egg, flour, chipotle peppers, adobo sauce, lime juice, cilantro, smoked paprika, salt and pepper. Mix to combine and then fold in the cheddar cheese. Place bowl in the fridge for 15-20 minutes. This helps form them into patties, but making them will still be messy!
3. While mixture is chilling make the avocado ranch. Combine all ingredients in a food processor and blend until creamy, scraping down the sides occasionally when needed. Taste and season additionally if desired. The avocado ranch can be stored in a seal-tight container for 1-2 days.
4. Heat a large skillet over medium heat and add 2 tablespoons olive oil. Remove mixture from fridge and form into 4 equal patties, then place in the skillet once hot. Cook for 5-6 minutes. The if needed add more oil and flip the burgers very gently (be gentle, they crumble easily when hot). Cook for another 5-6 minutes. Toast buns if desired.
5. Place on a bun and top with a whole lot of avocado ranch!